



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09370, Peaches, canned, heavy syrup, drained

Report Date: June 30, 2017 17:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	80.62	5	0.115	80.3	80.92	1.0	79.154	82.076	2	Analytical or derived from analytical	--	11/2009
Energy	kcal	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2009
Energy	kJ	303	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2009
Protein ¹	g	0.52	3	0.015	0.49	0.54	2.0	0.454	0.586	1	Analytical or derived from analytical	--	11/2009
Total lipid (fat) ¹	g	0.18	3	0.101	0.05	0.38	2.0	-0.257	0.617	1	Analytical or derived from analytical	--	11/2009
Ash ¹	g	0.26	3	0.015	0.23	0.28	2.0	0.194	0.326	1	Analytical or derived from analytical	--	11/2009
Carbohydrate, by difference	g	18.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2009
Fiber, total dietary ¹	g	1.2	3	0.483	0.3	1.9	2.0	-0.87	3.287	1	Analytical or derived from analytical	--	11/2009
Sugars, total	g	14.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	3.95	5	0.664	2.56	4.75	1.0	-4.488	12.39	2	Analytical or derived from analytical	--	11/2009
Glucose (dextrose) 1 2	g	5.82	5	0.429	5.2	6.46	1.0	0.363	11.269	2	Analytical or derived from analytical	--	11/2009
Fructose 1 2	g	3.45	5	0.054	3.37	3.6	1.0	2.763	4.139	2	Analytical or derived from analytical	--	11/2009
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2009
Maltose 1 2	g	1.44	5	0.105	1.21	1.58	1.0	0.111	2.779	2	Analytical or derived from analytical	--	11/2009
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2009
Minerals													
Calcium, Ca	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Iron, Fe	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Magnesium, Mg	mg	5	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Phosphorus, P	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Potassium, K	mg	94	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Sodium, Na	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Zinc, Zn	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu	mg	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	09241	12/2002
Selenium, Se ¹	µg	0.0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2009
Fluoride, F ^{3 4 5 6 7 8}	µg	6.8	30	0.371	3.9	8	12.0	5.987	7.605	6	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.7	3	0.000	0.7	0.7	--	--	--	1	Analytical or derived from analytical	--	11/2009
Thiamin ¹	mg	0.020	3	0.006	0.01	0.03	2.0	-0.003	0.044	1	Analytical or derived from analytical	--	11/2009
Riboflavin ¹	mg	0.020	3	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	11/2009
Niacin ¹	mg	0.625	3	0.017	0.59	0.65	2.0	0.553	0.697	1	Analytical or derived from analytical	--	11/2009
Pantothenic acid ¹	mg	0.024	3	0.001	0.02	0.03	2.0	0.021	0.027	1	Analytical or derived from analytical	--	11/2009
Vitamin B-6 ¹	mg	0.013	3	0.001	0.01	0.01	2.0	0.008	0.018	1	Analytical or derived from analytical	--	11/2009
Folate, total ¹	µg	9	3	1.967	7	13	2.0	0.436	17.364	1	Analytical or derived from analytical	--	11/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	9	3	1.967	7	13	2.0	0.436	17.364	1	Analytical or derived from analytical	--	11/2009
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Choline, total ¹	mg	3.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine ¹	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE ^{1 9 10}	µg	31	6	11.389	8	54	2.0	-17.722	80.283	3	Analytical or derived from analytical	--	11/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Carotene, beta ^{1 9 10}	µg	333	6	148.612	60	625	2.0	-306.758	972.091	3	Analytical or derived from analytical	--	11/2009
Carotene, alpha ^{1 9}	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2009
Cryptoxanthin, beta ^{1 9 10}	µg	85	6	51.886	16	295	2.0	-137.844	308.655	3	Analytical or derived from analytical	--	11/2009
Vitamin A, IU ^{1 9 10}	IU	626	6	227.779	168	1,081	2.0	-354.437	1605.669	3	Analytical or derived from analytical	--	11/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene 19	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2009
Lutein + zeaxanthin 9	µg	33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 1	mg	1.19	2	--	1.04	1.34	1.0	--	--	1	Analytical or derived from analytical	--	11/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2009
Tocopherol, gamma 1	mg	0.04	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	11/2009
Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	2.4	3	0.133	2.3	2.7	2.0	1.874	3.016	1	Analytical or derived from analytical	--	11/2009
Lipids													
Fatty acids, total saturated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
16:0	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
Fatty acids, total monounsaturated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
18:1 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
Fatty acids, total polyunsaturated	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
18:2 undifferentiated	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09370	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2009
Amino Acids													
Tryptophan ¹¹	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Threonine ¹¹	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Isoleucine ¹¹	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Leucine ¹¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Lysine ¹¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Methionine ¹¹	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Cystine ¹¹	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Phenylalanine ¹¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Tyrosine ¹¹	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 11	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Arginine 11	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Histidine 11	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Alanine 11	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Aspartic acid 11	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Glutamic acid 11	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Glycine 11	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Proline 11	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Serine 11	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Flavan-3-ols													
(+)-Catechin ¹⁴	mg	1.9	--	--	1.87	1.87	--	--	--	--	--	--	--
(-)Epigallocatechin ¹⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)Epicatechin ¹⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate ¹⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate ¹⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ¹⁴	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ¹⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ¹⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ¹⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin ¹⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ¹⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{12 13}	mg	0.8	--	0.77	0.29	1.88	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{12 13}	mg	0.2	--	0.15	0	0.35	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{12 13}	mg	0.1	--	0.15	0	0.37	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{12 13}	mg	0.0	--	0.02	0	0.03	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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